

Motiv8

ADDICTION SERVICES



**Annual Report
2024-25**

**IOM Registered
Charity 275**

Contents

- Page 3. List of serving officers and staff**
- Page 4. Motiv8 Addiction Service: an overview**
- Page 5. Vision and Mission Statement**
- Page 6. Chairman's report**
- Page 8. Chief Executive Officers report**
- page 11. Fundraising report**
- Page 14. Gambling Aware**
- Page 16. DARS- Drug Arrest Referral Scheme**
- Page 18. Education and Learning**
- Page 20. Naloxone project**
- Page 22. Rebrand of Motiv8**
- Page 24: The HUB: *Well-being workshops, SMART Recovery, Acupuncture, Peer Mentors.***
- Page 28. The year in pictures**
- Page 30. Annual Statistics and Key Facts**
- Page 40. Motiv8 Prison Service report**
- Page 42. Cognitive Behavioural Therapy**
- Page 43. The Family Service and M-PACT**
- Page 46. Young person's service and the SOAR project**
- Page 48. Strategic Objectives 2024 to 2028**

LIST OF SERVING OFFICERS AND STAFF

Patron: HE The Lieutenant Governor, Lieutenant General Sir
John Lorimer KCB DSO MBE

Honoury President: Deemster Alistair Montgomerie
Chairman: Mr Gary Lamb
Honoury Secretary: Mrs Geraldine Pishvaie
Honoury Advocate: Ms Jane Gray
Honoury Treasurer: Mr Robert Picken

DIRECTORS

Dr Alex Allinson MHK
Mrs Rosemary Barlow
Mr Darren Bradford
Rev Alex Brown
Mr Christopher Mitchell
Mrs Alison Thompson

PEER MENTORS & VOLUNTEERS

Rebecca Collings
Michael Estella
Jessica Halsall
Brian Gilmour
Jackie Horne
Ann Machin
Anna Shimmin
Jimmy Thistle
Brian Watterson
Paul Whipp

STAFF TEAM
Nicola Browne
Tiffany Crookall
Mark Cromwell
Adam Cubbon
Maryann Hatton
Jane Hill
Rhiannon Leece
Louise McColgan
Colleen McDaid
Jason McKee
Suzan Ozenturk
Caitlin Pinder

MANAGEMENT

Thea Ozenturk (Chief Executive Officer)
Caroline Coole (Operations Manager)
Kay Quirk (Deputy Director)
Paula Gelling (Deputy Director)
Dr Rajinder Dyal - Consultant Clinical Psychologist

Motiv8 Addiction Services – an overview

Motiv8 Addiction Services is proud to be a strategic partner with Manx Care in the delivery of therapeutic drug and alcohol addiction recovery services on the Isle of Man

Established in 1978, Motiv8 was the first service on the IOM to assist those with alcohol problems. The service has evolved and has had several name changes over time whilst it has taken on responsibility for drugs, gambling, and gaming services.

The primary aim of Motiv8 is to minimise the harm associated with drug, alcohol, and gambling/gaming problems, not just for service users and their families but for the whole community. We offer a service that is easy to access, quick to respond with no waiting list, and offers a wide range of therapeutic interventions that offer choice and flexibility.

Motiv8 prides itself on its commitment to confidentiality. We recognise that stigma and embarrassment deter many in a small community from coming forward for help with this issue. Motiv8 understands this. We have no waiting room and no signs outside the premises. Our building is central but discreet.

Motiv8 is apolitical and impartial in approach, preferring to remain low-key to gain the confidence of potential service users as an organisation of trust.

Objects of the Charity

The advancement of health and the relief of persons in the Isle of Man by the prevention of alcohol, drugs, gambling, and gaming-related problems through education, research, and community service, and the treatment and rehabilitation of anyone affected by alcohol, drugs, gambling and gaming-related problems and the alleviation of the effects of alcohol, drugs, gambling, and gaming misuse amongst persons normally resident in the Isle of Man.

Motiv8

ADDICTION SERVICES



OUR VISION

An island, free of the stigma and harm associated with alcohol, substance misuse, gambling, and gaming.



OUR MISSION

To provide a service where individuals and families are supported and empowered to reduce the harm from alcohol, substance misuse, gambling, and gaming. We achieve this through early intervention, counselling, community services, education, research, treatment, and rehabilitation.

CHAIRMAN'S STATEMENT



Welcome to the Motiv8 annual report for 2024/25. I hope this report will give you some insight into our work during 2024/25 and the essential services the Motiv8 team provide to our Island.

On a daily basis our team provide support to those directly and indirectly impacted by alcohol, drugs, gambling and gaming, and have provided this valuable service to the Isle of Man community for 47 years.

Our primary aim is to minimise the harm associated with drugs, alcohol and gaming/gambling problems, not just for the service users and their families but for the whole community.

It has been an exceptionally busy year where we have seen the highest number of people using our services since the pandemic, reaching 7,361, a 35% increase.

This year we were proud to have launched a very successful program called SOAR (Surviving Organised exploitation Across the Island, Recovering lives) which is a dedicated program offering support to young people in our community affected by the local drug culture and at the risk of exploitation. From a standing start in April 24 we are now supporting 20 clients.

During the year we refreshed the Motiv8 brand, and launched a new website to deliver a modernised community image and updated key messages. The website and new branding is aimed at increasing engagement with those in need of our vital services within the Manx community and accommodating those who prefer to interact digitally. Thank you to Afundi for supporting this initiative and the Motiv8 team for helping to create a wonderful new vibrant brand.

The cost of running of our vital community service continues to increase due to the ever increasing numbers of people affected by addiction and also fuelled by the increasing awareness of our service across the Manx community. The rebranding and launching of a new website has helped to increase the charities profile and the number of people we support.

A consequence of this is an increased annual cost to provide the service, increasing to c£800k during 2024/25. I would like to thank Manx Care for their funding support during the year and all of our business and individual sponsors who's contribution to Motiv8 makes a significant difference to many people's lives and hopes for the future. Funding is becoming increasingly challenging, and we would be delighted to hear from any individuals or businesses who would like to support Motiv8 and have a positive impact on those impacted directly or indirectly by addiction.

The team at Motiv8 are passionate about the work they do and pride themselves in supporting each individual person, through their personal journey. There is no doubt that the support given helps to save people's lives and improves the quality of the lives of so many. On behalf of the Directors I would like to thank the whole team at Motiv8 for the work they do every day and the impact you have on so many lives on the Isle of Man.

I would like to thank Thea Ozenturk, our CEO, for her continued dedication and leadership of the charity. At Motiv8, we are all passionate about helping all those impacted directly and indirectly by addiction and will strive to help improve awareness of the amazing, essential service our team provide to the Isle of Man and support the team to provide that service. Please join us in helping to lift the stigma associated with addiction and thereby helping so many people have a better, healthier and happier life.

GARY LAMB

*Chairman of
Motiv8 Addiction Services*

CHIEF EXECUTIVE OFFICERS REPORT

A Year of Growth and Impact

Motiv8 has experienced a highly productive year, delivering strong outcomes across our services while meeting a continued rise in demand.

SOAR: Supporting Young People at Risk

A major milestone was the launch of SOAR — a dedicated project offering intensive, targeted support to young people affected by the local drug culture and at risk of exploitation. Since its inception, SOAR has already achieved several significant outcomes.

One of the year's highlights was a specialist conference attended by professionals working with young people and other key stakeholders. The event showcased Motiv8's innovative work with:

- Children affected by parental substance use and gambling disorder
- Young people struggling with their own substance use
- Young people drawn into the local drug culture and facing exploitation

Hosted at a packed Manx Museum, the conference generated strong engagement and highly positive feedback. Many attendees expressed surprise at the breadth and depth of Motiv8's work. We were honoured by the attendance of Chief Minister Alf Cannan, who took time from his busy schedule to join us.

A Shift in Gambling Support Services

This year also marked the conclusion of our 10-year partnership with GamCare UK. Regulatory changes in the UK have led GamCare to focus on core operations, ending affiliations with non-mainland jurisdictions. This shift has affected not only the Isle of Man but also other external partners. Despite this change, Motiv8 continues to provide specialist gambling support through our addiction counsellors. This service now relies entirely on funding from the gambling sector, which is currently experiencing a decline in licence holders.

The UK's introduction of a statutory levy scheme — which may generate up to £100 million annually for gambling treatment, research, and education — was prompted by a review of its gambling legislation in response to digital-age challenges. Motiv8 remains committed to providing the Island's only gambling support service for as long as donations allow.

Sadly, those living with gambling disorder — and their significant others, including children — remain largely overlooked in both gambling legislation and local public and mental health policy. The Isle of Man Gambling Supervision Commission is

currently consulting on strengthening the regulatory framework. We remain hopeful that future legislation will address this gap by recommending treatment provision and a comprehensive public health response.

Rebranding for the Future

This year, Motiv8 underwent a full rebrand. Our website, logo, and key messages have been refreshed to present a modern, welcoming image that encourages people to seek support earlier – and with confidence in our discreet, non-judgmental service.

Recovery is now presented as achievable, with personal testimonies featured throughout the site. We also launched a new web chat forum to increase digital engagement, future-proofing the charity for the next generation.

This work was delivered by Afundi, an excellent web design and branding agency that understood our vision and delivered beyond expectations. The rebrand was launched by, His Excellency, The Lieutenant Governor, Lieutenant General Sir John Lorimer in attendance to cut the ribbon and unveil the refurbished space.

Service Demand and Trends

Activity levels and demand for our services continue to grow. This year, we recorded the highest number of referrals since the pandemic.

Demand for group sessions is also rising, with increased attendance across our full group programme, which includes:

- Peer mentors
- Acupuncture
- SMART Recovery
- Wellbeing workshops
- Education groups covering all aspects of addiction and recovery

Notably, cocaine overtook cannabis for the first time in our drug service. (DrugAware) However, overall DARS referrals have declined, likely due to the increased prescribing of medicinal cannabis.

Mainland drug trends show a concerning surge in ketamine use, particularly in the Northwest, where NHS services report significant bladder damage in users. While ketamine use within our service remains low (six cases this year), evidence suggests that usage is increasing. Alcohol referrals continue to outstrip all others – a trend unlikely to change. We continue to offer Naloxone in our drop-in service for individuals affected by their own or someone else's opiate use. This life-saving, easy-to-administer treatment remains a vital component of our work.

This year, we have started to see a gradual slowdown in donations,

particularly from key donors in the gaming sector who are no longer operational. This reflects a wider challenge faced by many charities.

Motiv8 must now raise over 50% of its funding from alternative sources to sustain our specialist projects. While we are making savings where possible, challenges remain, and difficult decisions about some services may be necessary.

Looking Ahead

Special thanks go to the Motiv8 team for their unwavering dedication, and to our Chairman Gary Lamb, whose support and guidance have been invaluable throughout the year.

As our 50th anniversary rapidly approaches, we look forward to the year ahead — with hope, resilience, and a continued commitment to supporting those who need us most.



YOUNG PEOPLE, SUBSTANCE MISUSE, GAMBLING AND GAMING

At the iMuseum on Wednesday, 22nd of January 2025
1.15 pm to 3.30 pm

A FREE EVENT ORGANISED JOINTLY BY THE STRATEGIC PARTNERSHIP OF
MOTIV8 ADDICTION SERVICES
AND THE DRUG AND ALCOHOL TEAM (Manx Care)



Thea Ozenturk



During the past year, fundraising has remained crucial for the continuity and enhancement of Motiv8's services. The total number of sessions attended across our services in 2024/25 increased by 35% to 7,361—a rise of 1,890 attendances compared to the previous year.

Demand has grown across nearly every service area, highlighting both ongoing needs and the importance of sustained charitable support. Echoing the words in Thea's report, we have seen a slowdown in donations, particularly from key donors in the gaming sector who, for several reasons, have ceased trading on the island.

The service's operational costs for 2024/25 were £863,397, with strategic partnership funding from Manx Care supporting core service delivery but leaving essential areas reliant on charitable funding of over 50% of our annual costs. Key services dependent on fundraising include:

- The Family Service, with ongoing delivery of the M-PACT programme, ensuring families receive comprehensive group support at times of crisis.
- SOAR (Surviving Organised exploitation Across the island to Recover), providing intensive support for young people who are either being exploited or on the edges of exploitation.
- The Education Programme, led by a dedicated officer, is expanding engagement within island schools to promote prevention and resilience amongst young people.
- DARS (Drug Arrest Referral Scheme), supporting 80 individuals this year, and AIRS (Alcohol Intervention Referral Scheme), both running in partnership with IOM Police as early intervention initiatives.
- Gambling and Gaming support, now strengthened by a group counselling offer introduced in October 2023.
- The Wellbeing Workshop Programme, which continues to run weekly, providing a mixture of practical advice, support, and creative activities.

Referrals for Young People have more than doubled, rising 129% to 64, the Family Service rose by 89%, demonstrating the increased engagement with whole family interventions through programmes like M-PACT, and overall across the service, new referrals were up by 10%.

These numbers underscore the growing demand for support and our ability to reach more individuals and families, means he need for increased fundraising and donor engagement.

Continued support from the Manx Lottery Trust and a private donor has directly enabled the expansion and continuation of our critical family and young people's services.

Individual and community-led fundraising events remain an essential part of our funding mix, connecting Motiv8 to the wider community and raising vital awareness.

During this year, we have had some great fundraising events, including individual fundraisers and with groups too. Some highlights have included International Overdose Awareness Day where we had a stand in Douglas City Centre, we had a joint event with Hospice IOM with elite runner Jack Scott doing a talk about how he trains for his running events and he spoke about his recovery from a gambling dependency and Eastern Young Farmers chose us to benefit from their fundraising efforts and Mhelliiah proceeds.



Looking ahead, we are committed to nurturing relationships with our current supporters, providing transparent updates on how each donation makes an impact, and seeking new partnerships to ensure our services remain available for all in need.

Marketing and Profile-Raising and the introduction of our new brand also saw our reach grow online, with more engagement on Facebook and LinkedIn, and an expanded schools-based Education Programme helping the next generation access early and preventative support.

In order to keep up with the increase in demand, the need for fundraising is increased, and we are keen to speak to anyone who would like to know more about us and to discuss how they can support our work.

We are deeply grateful to all individuals, groups, and organisations supporting Motiv8. Your commitment enables us to respond flexibly and effectively to the evolving needs of those we serve on the Isle of Man.



Nicola Browne -Fundraiser

Emerging Trends in Gambling Behaviour

Recent trends in gambling-related harm highlight a rise in in-play or live sports betting, particularly during the football season. Online slot machines remain a significant concern due to their fast, repetitive play, instant outcomes, and immersive features (such as lights and sound effects), which make them one of the most compulsive forms of gambling.

The ease of access to online gambling further contributes to its hidden nature. Individuals can gamble excessively via mobile phones, even while sitting next to family members, without drawing attention.

Gambling Reform and Its Impact on the Isle of Man

In April 2023, the UK Government launched its "High Stakes: Gambling Reform for the Digital Age" strategy, following a comprehensive review of the Gambling Act 2005. A central element of this reform was the introduction of a statutory levy on gambling operators—approximately 1% of revenue for online operators and 0.4% for land-based operators—expected to generate around £100 million annually. This funding is designated for treatment, education, and research, reflecting the government's commitment to harm reduction and evidence-based public health responses.

As part of the strategy, the Office for Health Improvement and Disparities (OHID) has taken responsibility for commissioning services aimed at preventing gambling-related harm. Additionally, Gamble Aware the foremost charity which lobbied for change, is now winding down, having succeeded in its objective to see gambling harm strategically and holistically recognised.

Implications for the Isle of Man

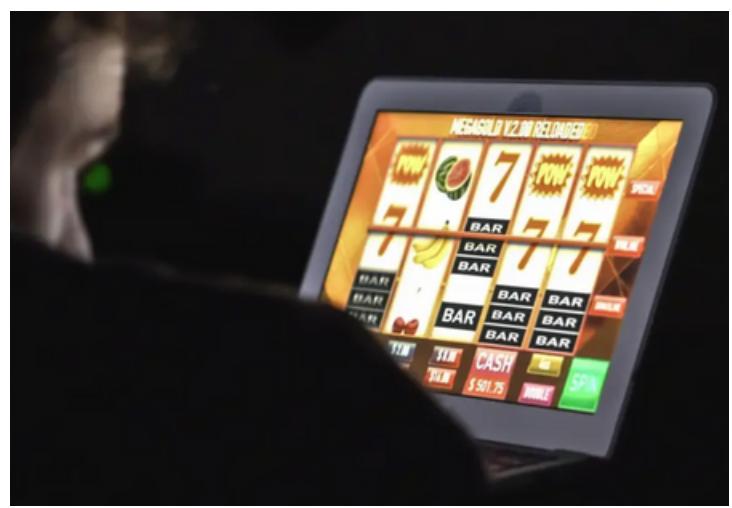
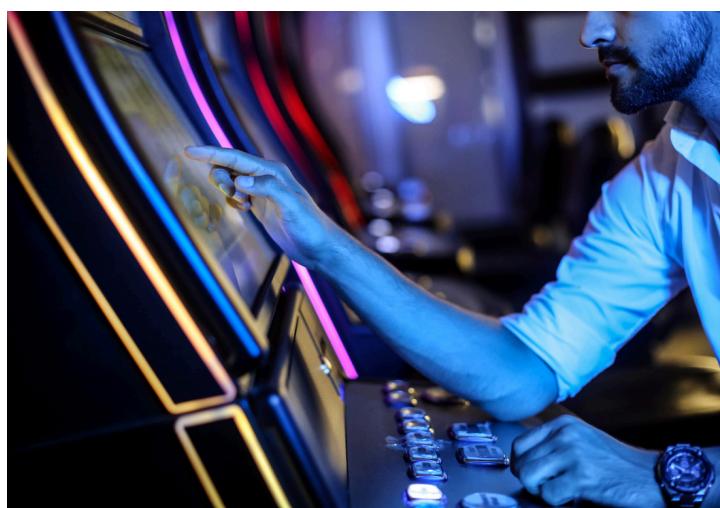
Although these changes were implemented in the UK, they have had a knock-on effect in our jurisdiction. Notably, our affiliation with GamCare UK has come to an end. GamCare has withdrawn partnership agreements with jurisdictions not covered by the updated safeguarding legislation, citing concerns over the direct funding of treatment services by the gambling industry. As a result, the Isle of Man no longer benefits from GamCare's training and expertise.

Despite this, Motiv8 continues to deliver specialist gambling support, drawing on the skills and expertise of our accredited addiction counsellors. Encouragingly, this change has had minimal impact on referral numbers, which have shown a slight increase this year.

Local Support and Future Sustainability

It is important to note that funding for the Isle of Man's only dedicated gambling support service, delivered by Motiv8, is entirely dependent on donations and the goodwill of local gambling companies and licence holders. However, a shrinkage in the sector is beginning to be felt, with many operators ceasing operations for various reasons.

Motiv8 remains committed to offering one-to-one and group support to anyone affected by gambling disorder in the Isle of Man—for as long as donations make this possible.



Thea Ozenturk

Drug Arrest Referral Scheme

Report produced by Rhiannon Leece



From 1st April 2024 to 31st March 2025, Motiv8 received 67 Drug Arrest Referrals (DARS) from the Isle of Man Constabulary. The scheme enables any individual who has been found in possession of a small amount of an illegal substance, and it is their first offence, to receive a one-to-one appointment at Motiv8. The appointment gives individuals the opportunity to discuss their drug use, learn more about the drug and how they can reduce harm to themselves now and in the future. This takes place in a confidential and non-judgmental setting, and the information shared by individuals during the appointment is not shared with the police. Motiv8 will only share information with relevant organisations if there is an identified risk of harm to the individual or others, and this is standard practice within our service.

In the most recent annual year, 49 of the drug arrest referrals received at Motiv8 were for adults and 18 were for young people under the age of 18



The most common drug involved in the referrals was cannabis, with 54 of the referrals involving this. There were also 7 referrals involving cocaine, and 3 of the referrals involved ketamine. Other substances involved in the drug arrest referrals included amphetamine, diazepam, MDMA and suboxone.

(Some comments from participants. The full DARS evaluation for the year is available on request.)

“It gave me knowledge and helped me have an understanding”.

“I was anxious about attending this referral, but Jason put me at ease very quickly and spoke to me with respect and understanding”.

“It’s a second chance. I’m an ambitious person with aspiration to bring my business to the island, speaking with Jason has provided light at the end of the tunnel”.

"I'm glad and grateful I have been given the chance to talk about my problems with professionals, it's really helped me".

"Opportunity to reflect on actions and learn in comparison to immediate prosecution".

"It's good that it didn't affect my job, it's also nice to share things with someone".

"My name won't get plastered over the news or Facebook, which could lead to losing my job, which means I can't afford my mortgage and food".

"An awareness of how my own actions can affect people I care about if not recognised".

"Keep my job, if I go travelling, I'll be able to go, if I get offered further work in the future i.e. big contracts".

"Generally helped me to understand and talk about the reason for using the substance".

"It gives me a chance to think about what I've done and change".

"Get to think about my mistake without it ruining my record for jobs in the future".

"Don't want to be a person the police associate with drugs".

"I have learnt it's not the drugs that make your problems go away".

"I'll look at more info about it And hopefully find a better way to deal with things".

Motiv8 EDUCATION & LEARNING

Motiv8 continues to offer high-quality evidence-based education within our Island schools. Educating our children and young people on the facts relating to substances, gambling and gaming as they navigate through life. Highlighting the importance of seeking suitable support should they be struggling with any other issue regarding something personal within their life.

As ever, trends and information have changed over the course of this year, requiring continuous research to be carried out to deal with what young people may be exposed to and in some cases, experimenting and using.

Workshops have been adapted this year to provide more interactive ways to discuss peer pressures, draw on students' pre-conceived ideas and allows Motiv8 to dispel common myths young people may possess and provide correct information. We aim to provide a toolkit to carry through life and provide ways to recognise the signs in others and seek support should they feel the impact of someone else's issue.



Relationships have been fostered with Pastoral teams in the island's high schools and Motiv8 endeavours to become an even more recognisable and regular presence at all the schools in the future. In conjunction with the educational workshops that we run, we have also delivered assemblies to year groups within the majority of the Islands' high schools.

Lockdowns saw a large number of young people Gaming as a way of socialising, this exposed them to in-game purchasing and microtransactions within games, which studies show, can be a precursor to Gambling.

Plans for future education provision include running workshops for Year 6 primary school children on Gaming, educating them on how to stay safe and reduce harm. We also endeavour to deliver even more bespoke education to smaller focus groups within high schools, working closely with each school's PSHE leadership team and provide appropriate intervention on the needs that are highlighted and current.

Motiv8 has provided age appropriate educational workshops to students across island primary schools, secondary schools and the UCM during this year. This means we have delivered workshops to 4,452 students a rise of 27% on the previous year.



Colleen McDaid, Education Officer

Naloxone

Jason McKee, Recovery Support Worker

This year's naloxone initiative reflects our service's harm reduction across our small island. Over a single 12-month period, April 2024 to April 2025, our team distributed 31 take-home kits, built a robust training infrastructure of 17 accredited staff, which includes 2 peer workers with lived experience of naloxone. That level of reach is particularly impactful in the Isle of Man—a community of just over 84,000 people—where the Take-Home Naloxone programme has only been in operation since 2023.

Amid the rise of high-risk synthetic opioids like fentanyl and nitazenes, our proactive approach positions us to make a lifesaving difference. Maintaining momentum is essential. Expanding kit reach, enhancing multi-dose preparedness, and deepening peer and community engagement aren't just strategic choices—they're moral imperatives for saving lives on our island.

The Take-Home Naloxone programme is still relatively new on our island, having launched in 2023. Distributing over 30 kits within a single year demonstrates exceptional coverage and engagement for a service operating in a compact, close-knit population. This reflects strong operational delivery and community trust.

Risks: Nitazenes & Fentanyl — Super-Potent Opioid Threats

- Nitazenes are an emerging class of synthetic opioids that far exceed traditional opioid potency—have been estimated 500 times stronger than heroin and around 45 times stronger than fentanyl.
- They are increasingly found unknown to users in contaminated street heroin, cocaine, counterfeit pills, and vaping products, which can pose a threat to under 18 age group who tend to be experimenting with vaping
- Vaping Fentanyl, already well-known for its danger against under 18 age group experimenting with vaping, Fentanyl has been estimated at 50 times stronger than heroin.
- Because of their strengths, more than one dose of naloxone may be needed to reverse overdoses involving fentanyl or other powerful opioids.



What This Means for Our Service

- Even in a geographically small community, the risk of exposure to ultra-high potency opioids is real, often through contamination rather than direct use.
- The distribution of 31 kits represents not just a numerical figure, but critical preparedness: multiple doses may be needed in emergencies, and our kit provision and training coverage are directly relevant to this need.
- Our 17 trained staff and 2 peer advocates with lived experience of naloxone provide a solid foundation for continuing to educate, reassure, and empower both clients and the wider public.

Next Steps: Scaling Impact and Boosting Resilience

Ensure multi-dose readiness: confirm that kits include enough naloxone and that training highlights the possibility of needing several doses.

Amplify peer involvement: the credibility and insight of lived-experience workers are powerful tools—consider expanding their role.

Raise awareness about contamination risks: include guidance on nitazenes and fentanyl in training and public communications.

Explore broader outreach channels: Possible click and deliver Naloxone, hard-to-reach service users can have Naloxone sent to their home address.

Maintain alignment with emerging evidence: stay updated on trends in synthetic opioids, supply, and adapt accordingly.

With what we've accomplished from April 2024 to April 2025, maintaining momentum is essential. Expanding kit reach, enhancing multi-dose preparedness, and deepening peer and community engagement aren't just strategic choices—they're moral imperatives for saving lives on our island.



Rebrand

In November 2024, our packed hub hosted a special launch event to unveil a complete refresh of our brand. This included a new website, a modernised community image, and updated key messages—all aimed at increasing engagement with those in need of our services within the Manx community. This revitalised focus sends a strong and positive message about the achievability of recovery. Through personal testimonies and inspiring recovery stories featured throughout our content, we aim to make the path to recovery feel accessible and encouraging, especially for those just beginning their journey.

Our new website now offers easier ways to contact the service, as well as chat forums to improve access and interaction—helping future-proof our services for the next digital generation. The project was delivered in collaboration with the fantastic team at Afundi, a web design and branding agency. Photos from this milestone event, including our keynote speaker and Patron, His Excellency The Lieutenant Governor, Lieutenant General Sir John Lorimer, are featured below.







SMART Recovery (Self-Management and Recovery Training) is a science-based programme that provides training and tools for people who want to change their problematic behaviour, including addiction to drugs, alcohol, and gambling. The purpose of SMART is to empower people with practical skills, tools and support so that they may manage their addictive behaviour and lead satisfying and meaningful lives.

SMART meetings started in the Isle of Man in September 2023. Since then, the meetings have grown substantially, and a recovery network has developed through support and friendships. Motiv8 started with one meeting a week, and we now hold three meetings a week. Meetings are well-attended and provide a safe and comfortable space for members to come together, support, and learn from one another. We are hopeful that the meetings will continue to grow and help people with their recovery. We are looking at taking SMART "on the road" soon, which will enable us to reach and support more individuals island-wide.

Some feedback from SMART Recovery members:

"SMART has helped me focus on maintaining my abstinence".

"You are not judged in SMART".

"The SMART Group and the support we offer each other has benefitted all areas of my life"

"SMART has helped me learn tools to manage the feelings and emotions on which I used to drink".

"SMART has helped me not to feel so isolated in my recovery".

"I find the tools are helpful on a daily basis to deal with any cravings".

Wellbeing Workshops

The Wellbeing Workshops are run every Thursday. The workshops cover a wide range of important topics for those who are impacted by substance use, gambling or gaming. The topics include relapse prevention, anxiety management, sleep management and living a balanced life in recovery and many more. This year, a wider variety of topics have been developed and are being delivered by keyworkers across Motiv8, with expertise in many different areas of addiction. These topics include the impacts of substances on the brain, overcoming problem gambling, drinking later in life, substance misuse and the impact on children, understanding child exploitation and many more. These workshops welcome all members of the public to attend. The workshops have delivered valuable, informative and educational sessions to a number of individuals who have gained knowledge in a number of areas.

This annual year, from the 1st of April 2024, there have been 179 attendances at the Wellbeing Workshops. This year, the workshops ran from April to May before taking a short break over the summer months. During this break, there was renovation work carried out to enhance The Hub space. Two small rooms became one large group room. This enabled a larger space for the Wellbeing Workshops to take place, along with The Hub being able to welcome other events held by Motiv8. The workshops commenced again in September 2024 with the wider variety of topics added in January 2025. The workshops have continued to be well attended since and the feedback has been positive. This not only highlights the success of the workshops, but it also highlights how beneficial the clients find these workshops for their own, individual recovery. From the wide variety of different groups offered, it appears that there is something for everyone offered through the Wellbeing Workshops.

Feedback

“Realising my path is the same as others and I am not alone”
“These workshops are invaluable in showing me I’m not alone”
“It was easy to understand. It brought things back to basics to help me understand my emotions”
“All of the information was helpful”
“The level was pitched perfectly, not too technical but not too simplistic”

Louise McColgan - Drug and Alcohol Professional

Acupuncture

Paula Gelling - Deputy Director



Auricular acupuncture

Auricular acupuncture is proving very popular at Motiv8. It is reported by regular users and advocates of the treatment that it has efficacy in treating substance misuse. Psychoactive substances bind with receptor sites in the central nervous system, which are normally occupied by the body's own endorphins. As these receptor sites are occupied by substances, it leads to depletion or inhibition of natural endorphins. By using acupuncture, we can release higher natural endorphins into the bloodstream. Natural endorphins are 100 times more powerful than substances such as morphine, so by administering acupuncture, we can encourage the body to return to homeostasis and, in turn, improve well-being.

During the period April 2024 to March 2025, we delivered acupuncture to 1224 sets of ears. This included 107 sets of ears receiving auricular acupuncture for the very first time.

"Acupuncture helps me to relax and rewind. It helps me to 'reset my mind and body"

"Doing acupuncture and meditation has been a great tool for me in my recovery. I feel calmer, more in control of emotions and just generally happier."

"Helps me relax during and after sessions. Helps me think more clearly about my issues. A relaxed mind and body."

"I feel more calmer in general, less anxious"

"I feel more able to regulate emotions"

"If I don't have acupuncture, I feel more stressed and agitated"

"My recovery is aided by having motiv8"

"I feel more relaxed and positive"

Easier to relax / quicker to relax

"Improvements to physical well-being mind and body"

PEER MENTORS

TAKEOVER TUESDAYS

This year marked the launch of a new support group led by our trained peer mentors, who completed their training with Motiv8 staff through the Open Awards programme. Introduced in February 2025, the group meets every Tuesday and has quickly become a valued part of our service offering.

Our peer mentors, each with lived experience of recovery, bring empathy and insight to their role, offering guidance and understanding around the challenges clients may face. The group provides a safe and supportive space for individuals to connect, share experiences, and explore a range of informative and engaging discussion topics.

Since its launch, the group has seen strong attendance, with 97 attendances to date. Feedback has been overwhelmingly positive, highlighting the importance and impact of peer-led support in the recovery journey.



*Peer mentors Jimmy, Brian and Paul
Being interviewed by Manx Radio's Lewis Foster*



"Listening to how other people have turned their life around"

"Very informative and helpful"

"Being around others who have been through similar experiences and sharing our stories"

"Really nice and supportive people"

"Love these discussions"

"Very helpful, other people's advice invaluable"

The year in pictures

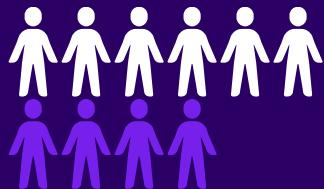




“



KEY FACTS 2025



725
Referrals

1588 SMART
Attendances

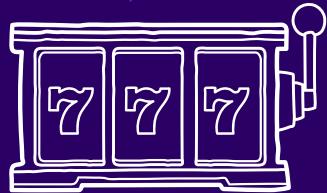


72 Family
Service
Referrals

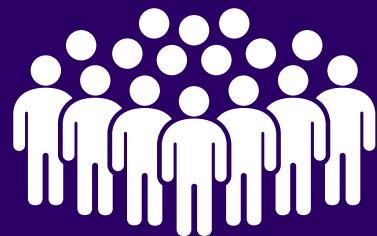
4316
Appointments
attended



39 gambling
Referrals



334 alcohol
Referrals



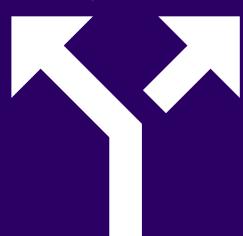
501
Discharges



126 Drug
Referrals



67 DARS
Referrals



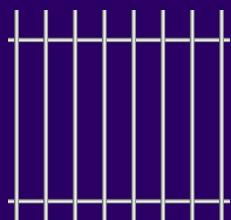
Did not
attend appt
rate - 10.1%



64
YP@Motiv8
Referrals



29 Prison
Caseload





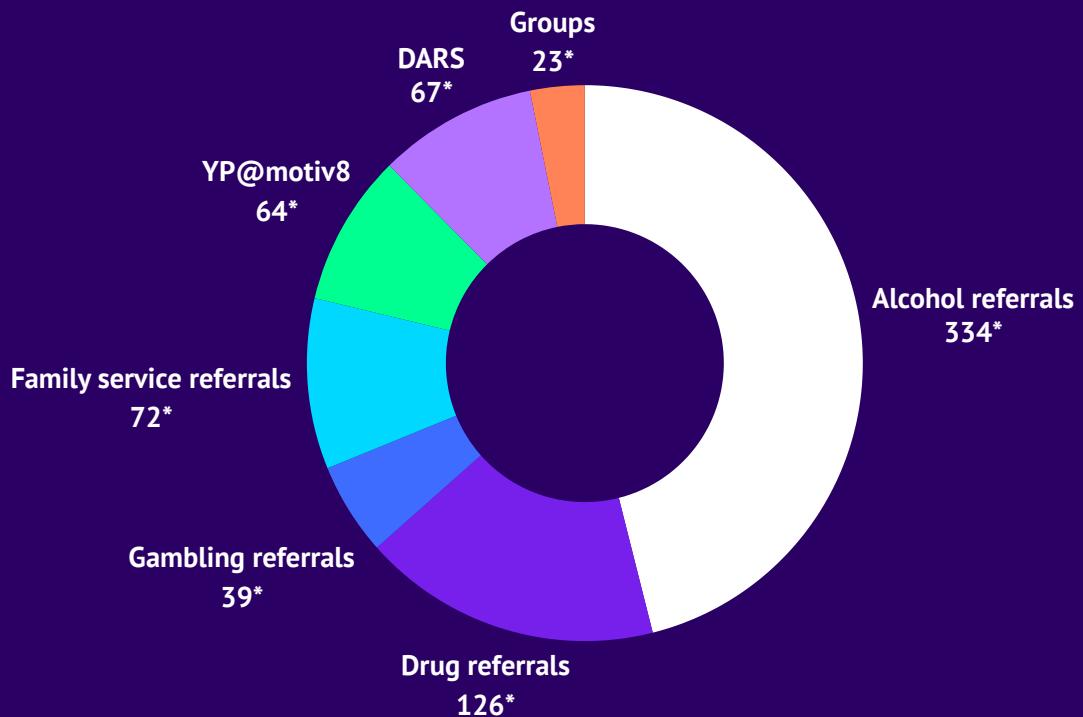
Total appointments attended: 4316

Total group attendances: 3045

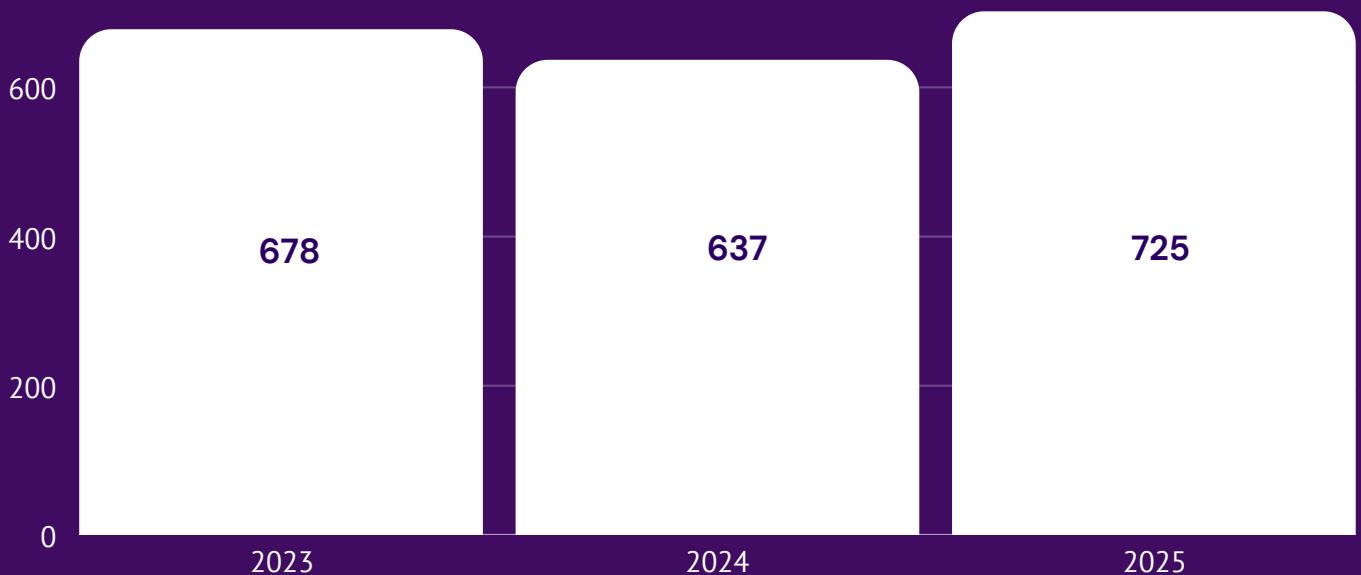
Total - 7361

2024 total = 5471 an increase of 34.5%

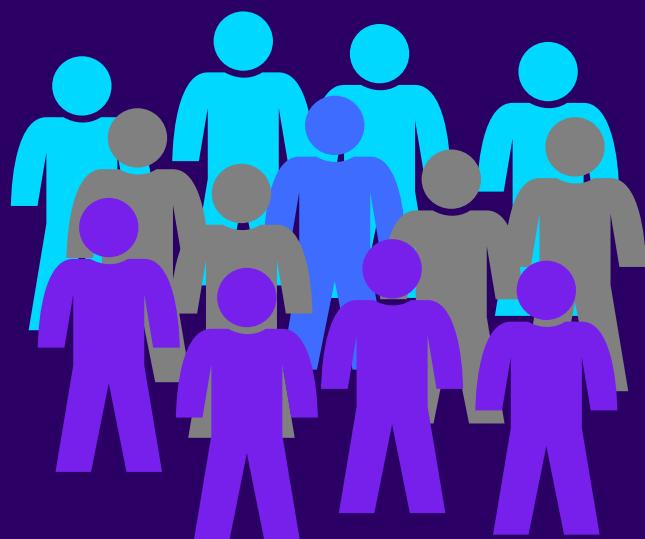
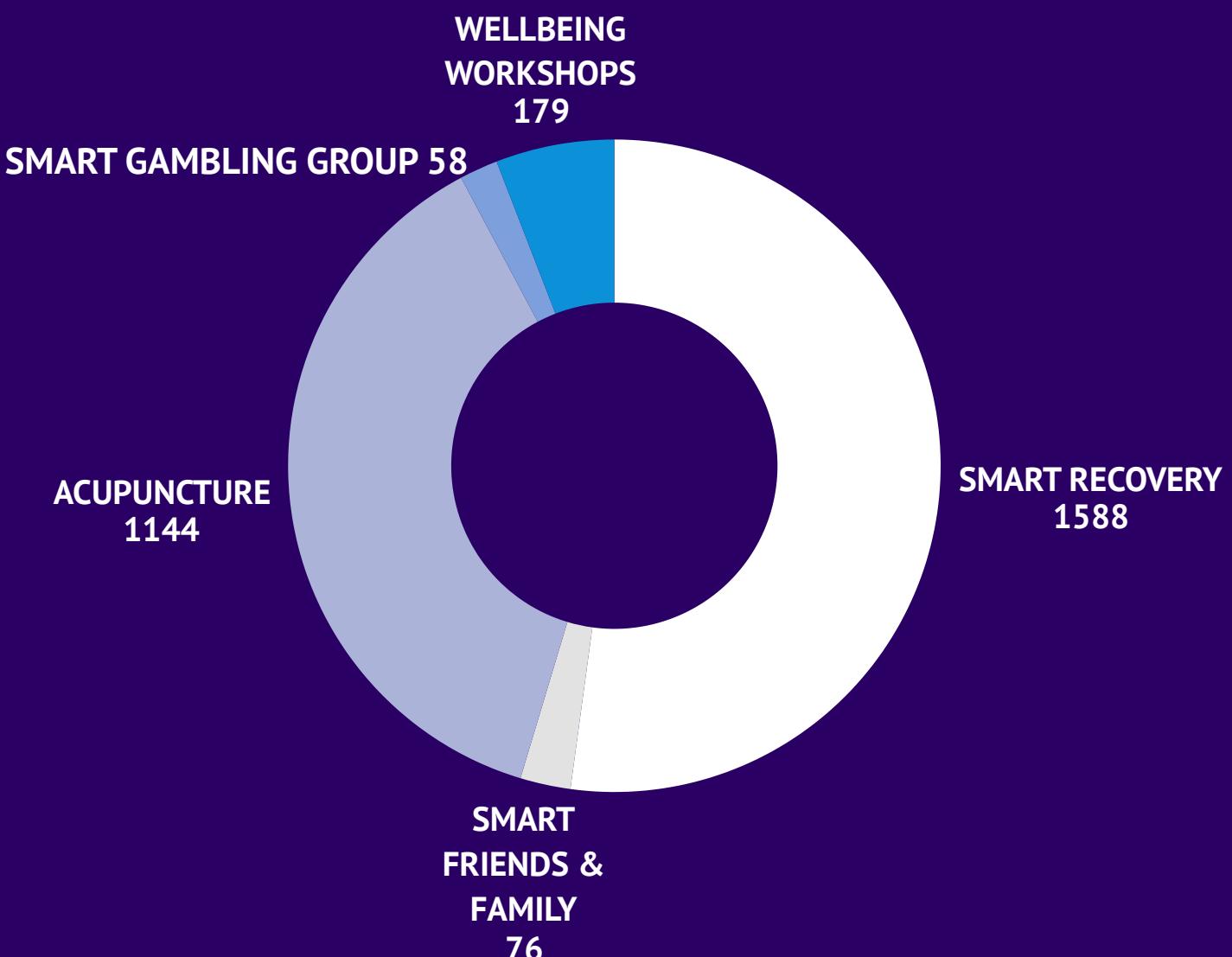
ANNUAL STATISTICS REFERRALS



3 YEARS COMPARISON SERVICE USERS ACCESSING MOTIV8



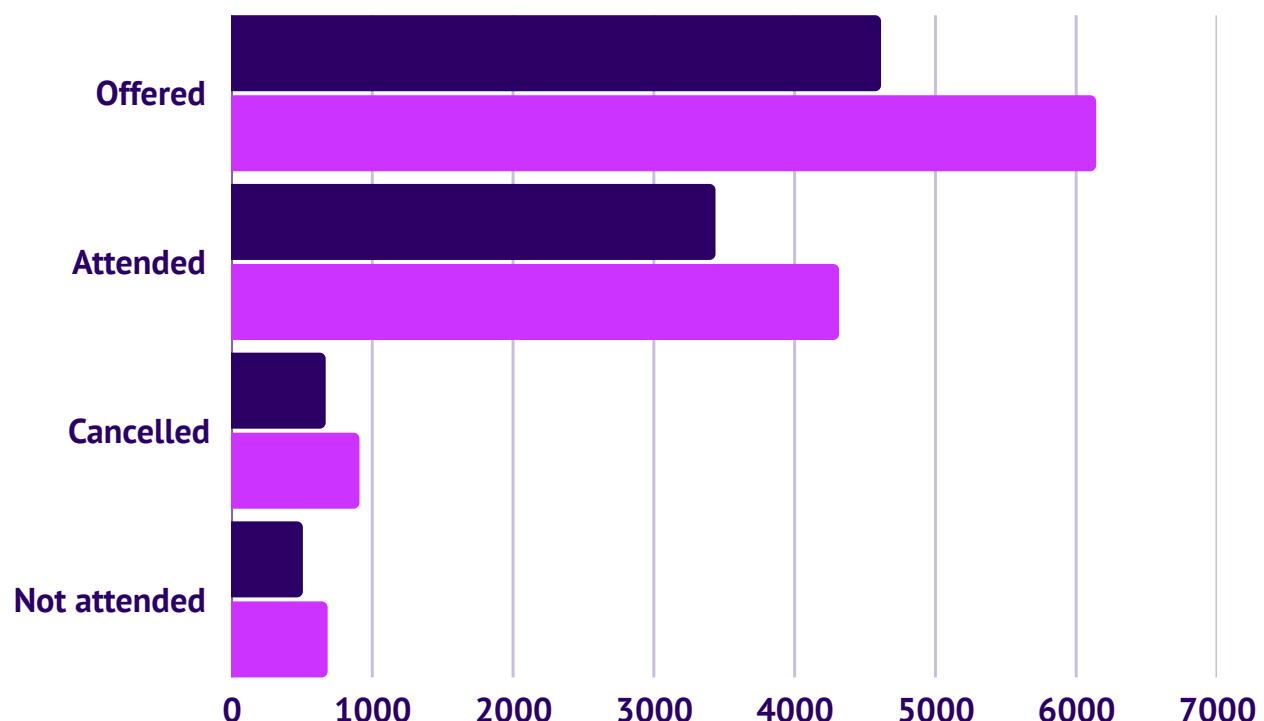
GROUP ATTENDANCES



**3045 GROUP
ATTENDANCES**

APPOINTMENTS

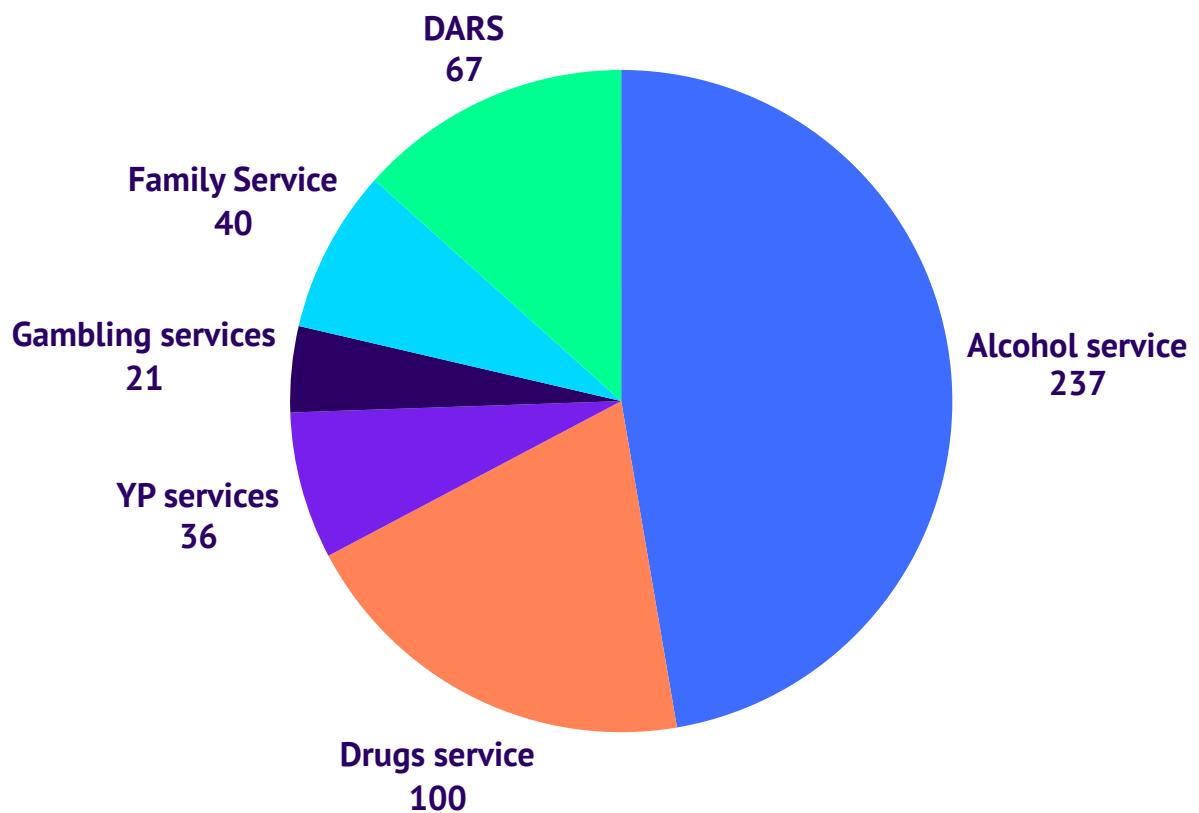
10.1% did not attend



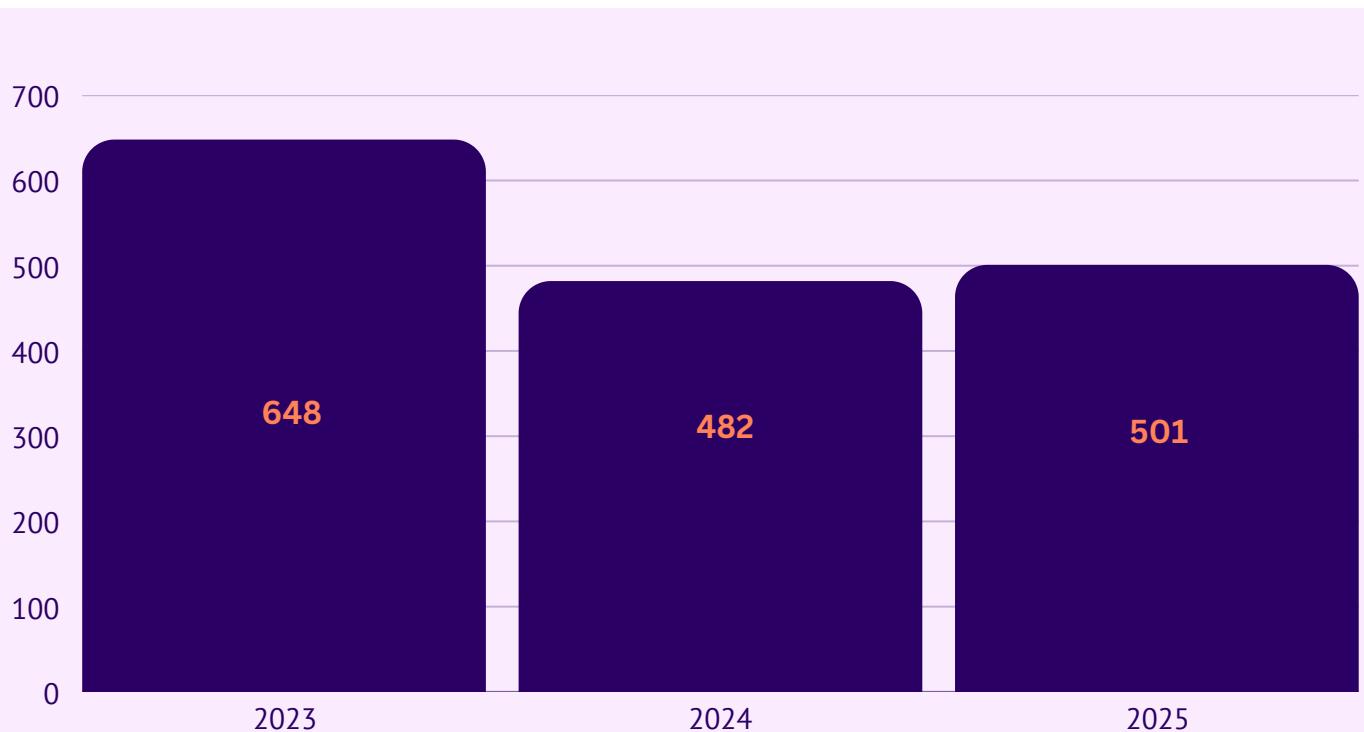
3 YEAR COMPARISON



DISCHARGES



3 YEAR COMPARISON





STAND OUTS



Drug Arrest Referral Scheme

80% attend for Cannabis use

- 18-Under 18's

- 50- Males (75%)

- 17-Females (25%)

- 7 attendees for Cocaine possession

- 7-Attendees for other drug possession

Gambling service

Largest age category presenting 30-34

- 20-Males (51%)

- 19 Females (49%)

- 37- self-referrals (95%)

- 13- significant others

Drug Aware

33 Cocaine referrals surpassing Cannabis for the first time (31)

Largest age category 18-24

- 76 Males (54%)

- 50- Females (46%)

- 31- Presented for Cannabis use

- 6- Ketamin

- 17- prescribed medications

- 33- Significant others

Alcohol Services

Largest age category 30-44

- 139- Females attended (42%)

- 195- Males attended (58%)

- 257- Self-referrals

- 92- Moderately to severely dependent on alcohol (27.5%)

- 107-Presented with harmful and

- 21 hazardous use (37%)

- 37-Significant others (12%)

YP@Motiv8

Alcohol referrals 22

under 18's 52

Cannabis 41

- Cocaine 7

- 5- Schools

- 15- Social services

6- contextual safeguarding

- 3-Nobles

- 21 Self-referrals

- 5 DAT

- 35 Males

- 29 females

Family Service

49% of referrals are for parental substance or gambling use.

Referrals

- 36- Adults

- 36- Children

- 18 age 11 and under

10 Social Services referrals

- 53 Female

- 19 Male

Motiv8 IOM Prison Clinic

Our team running the Motiv8 prison clinic offered valuable support to male and female prisoners held for drug or alcohol related offences throughout the year. Occasionally it becomes evident that gambling is also an issue faced by prisoners and so it has been

important that our Motiv8 professionals are both trained in addressing problematic gambling. Their knowledge and understanding allows effective support to prisoners who often present with a multitude of addictive behaviours. Our team work with a network of professionals on Island to ensure the best possible service is provided for each individual client in prison, making every effort to prevent recidivism rates.

Our one-to-one private and confidential sessions provide a safe and supportive environment to address personal and individual difficulties leading to custodial sentences. Despite ongoing challenges, progress in engagement, retention and behavioural outcomes is encouraging. Our multi-disciplinary team provides a range of support using structured, evidence-based models. The essential lived-experience of our worker-by-experience additionally demonstrates invaluable evidence to prisoners that a constructive substance-free future is possible.

Working with prisoner core goals of rehabilitation and reduction or abstinence, our two accredited drug and alcohol professionals attend the prison for 3 hours per week. On average, during the year a caseload of over 30 prisoners means the team must be responsive to prisoners most in need.



The team offers, on average, 4 clients an appointment each week.

With the given restriction, appointments are allocated to:

- New entry prisoners who can feel out of control or sense they have no agency over poor decisions leading to incarceration. Prisoners are invariably in shock and struggle to manage emotions initially.
- Prisoners close to release to achieve successful reintegration into society, with continued provision, beyond prison, using Motiv8 individual and group support.
- Those known to be at risk: Motiv8 are alerted by prison staff or, occasionally, information provided by other prisoners alert the team to check on clients and make appropriate referrals to healthcare.
- And, prisoners responding well to working with our professionals on changing negative thinking styles and behaviours.

The Isle of Man prison population involves a considerably high rate of substance misuse-related crimes, making any contribution from Motiv8 significant. The work done is in relation to behavioural changes and exploring more positive problem-solving styles. We have worked with 13 (prior year: 20) new prison referrals in the fiscal year and delivered a total of 208 (prior year: 160) appointments. Motiv8's contribution provides positive and effective outcomes in current and future lives.

Invariably prisoners have negative lived experience and adverse childhood experiences leading to poor decision-making and so our team continues to campaign that therapeutic models are the optimal investment in support for those in prison.



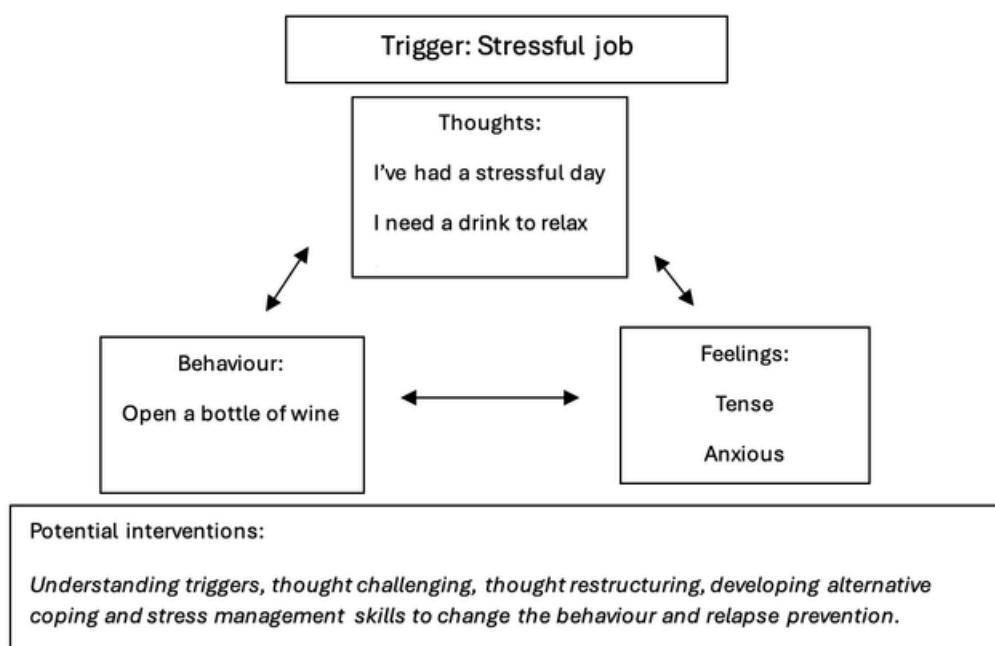
*Tiffany Crookall &
Mark Cromwell -Drug and
Alcohol Professionals*

Cognitive Behavioural Therapy

Cognitive Behavioural Therapy (CBT) is an evidence-based intervention commonly used to treat anxiety or mood disorders, but has been found to be valuable in treating substance and gambling disorders. At Motiv8, CBT has been used to treat generalised anxiety disorder, obsessive compulsive disorder, depression, low self-esteem, addiction issues, healthy anxiety, social anxiety and post-traumatic stress disorder.

Using a time-oriented, structured and present focus, CBT aims to help individuals identify and challenge unhelpful thoughts and behaviours. It is based on the theory that our thoughts, feelings, and behaviours are all connected, and if we can change one, the others can altered.

Here is an example of CBT in action:



Referrals were screened by our psychologist Dr Dyal, for suitability for CBT. Following this, clients are offered 1-1 sessions with a therapist to help understand and overcome their problem.

In 2024-2025, Motiv8 employed one part-time CBT therapist who offered 260 CBT appointments. Of those who completed treatment, 80% saw positive improvements in their pre-treatment to post-treatment scores. 20% of those who completed treatment saw improvements in their scores; however, did not go below the clinical threshold to suggest reliable recovery for their specific issue.

.

Paula Gelling Deputy Director & Family service lead

The Family Service work has been made possible by kind and generous funding from the Manx Lottery Trust and from the Scheinberg Family. This specific work, with children affected another's by drugs, alcohol, gambling or gaming use, is not part of the strategic partnership funded under the agreement with Manx Care. The Family Service is vital work to help break the cycle of addictive behaviour becoming the norm amongst family members. The work includes one-to-one sessions with children in school, using tools such as games, art and Sand story to convey the child's thoughts and feelings. Five of the Family Service team are now Sandstory practitioners, which is a powerful tool to enable clients, especially children, to convey their sometimes-unconscious worries into a 3-dimensional picture, which can be used as a discussion tool. With it being 3-dimensional, Sandstory has the benefit of being able to be moved around after the creation, to be able to see an alternative and potentially a more positive view.



"Being able to offer consistent support to children and young people in a comfortable and fun environment is a very enjoyable part of working in The Family Service ". Rhiannon, Motiv8 Family Service Support Worker.



The Family Service team consists of 4 skilled staff members. Each one with differing areas of expertise and complimentary skills. One of the team members works almost entirely with children. The remainder of the team supports children, as well as adult family members, plus several general clients. One of the team is a Cognitive Behaviour Therapist who has 2 days dedicated to CBT, so only part of her week is available for Family Service work. The number of children referred to the Family Service in 2024/25 was 36, up from 26 the previous year. 668 appointments were offered to children in the reporting year, up from 469 the previous year. Of those 668 appointments offered, 456 clients were seen, with 49 occasions where the clients did not attend. In this instance, it is usually where the parent or school hasn't advised that the child is not in school that day, rather than the child not attending.

"Allowing children to express how they are feeling and learn how they can manage their emotions is extremely beneficial for their future. It is also great to see many children and young people partaking in our group activities, including Mini Motiv8 and MPACT, which encourages them to develop skills including communication, resilience and self-esteem and confidence." Rhiannon Leece , Motiv8 Family Service Support Worker



During the reporting year, the Family Service attended 167 meetings relating to the children we support, including Child Protection Conferences, Core Groups, Child With Complex Needs meetings and Professionals meetings.

The number of adults referred by the Family Service during the year was 36, an increase of 12, compared with the previous year. With 208 appointments offered compared to 151. Out of those, 161 adults attended appointments offered, compared to 132 last year. There were three times as many appointments where clients did not attend during the reporting period.

"I love that our family service has its niche, exploring and learning strategies to allow families to rediscover what fun is again, reconnecting with their loved ones—breaking the stigma without judgment and giving children a safe place for their voices to be heard". Maryann Hatton, Motiv8 Family Service Support Worker

During the year, the Family Service have taken the MiniMotiv8 children to the Venture Centre, held a fun Halloween party, held a Christmas Party with Santa in attendance and had such fun running around LaserBlast. These Mini Motiv8 activities have been specifically supported by the Thomas Miller Charitable Committee for which we are very grateful.

In addition, over the year, the charity has been offered tickets at certain children's shows at the Gaiety Theatre and the Villa Marina, in conjunction with and by kind donation of IOM Arts Council.



Mini Motiv8 activities have been supported by the Thomas Miller Charitable Committee



MPACT[®]

Moving Parents and Children Together

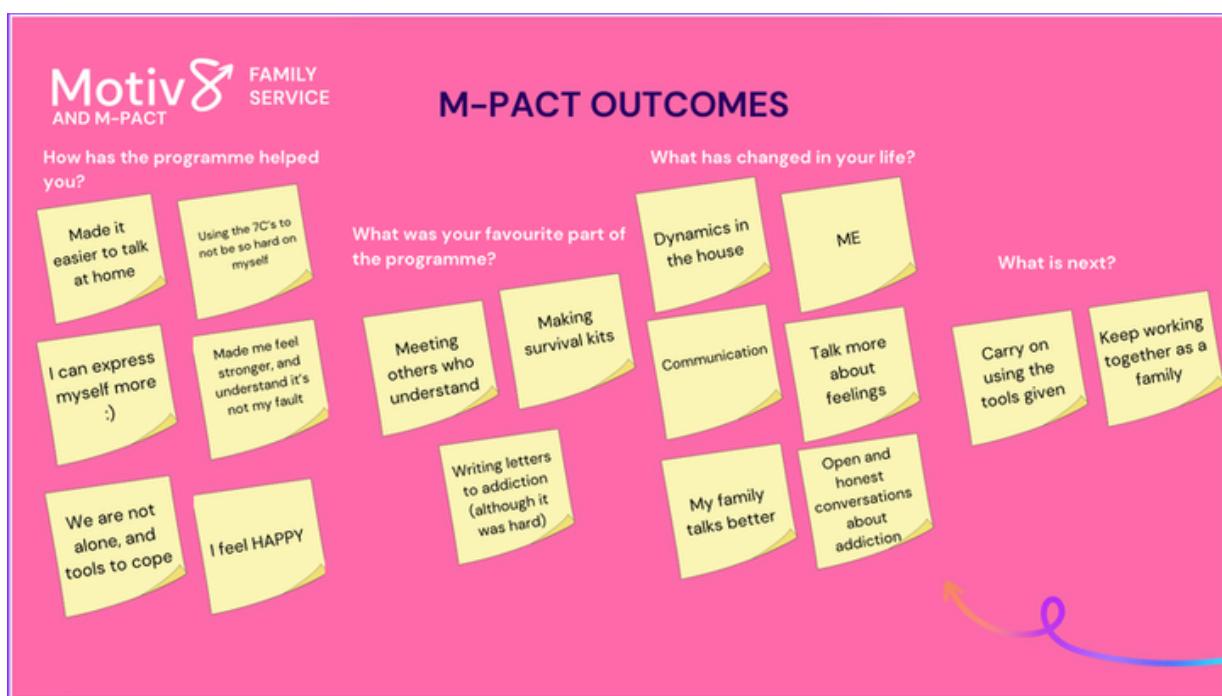
Licenced by The Forward Trust

Motiv8 is licensed by the Forward Trust to deliver the MPACT programme which is undertaken by our facilitators who are accredited trainers.

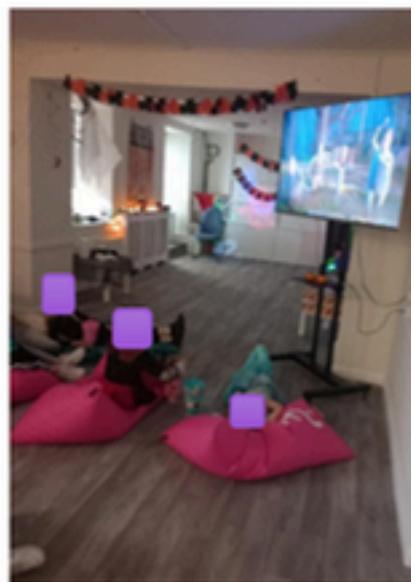
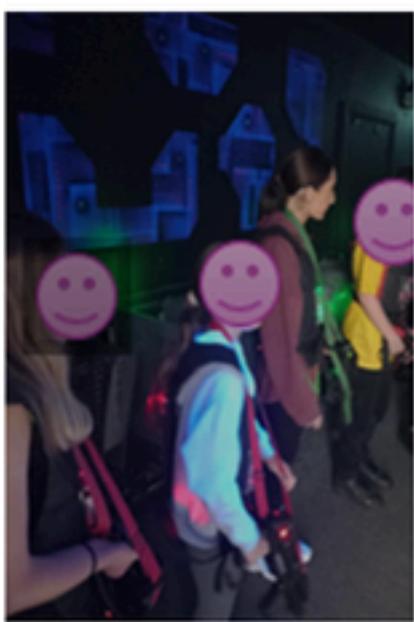
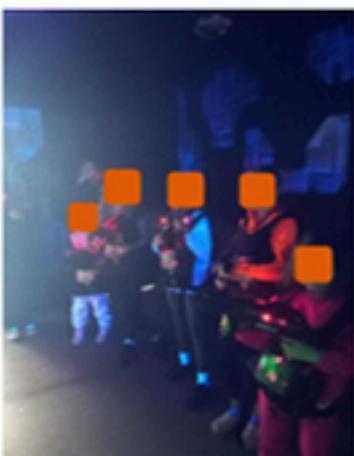
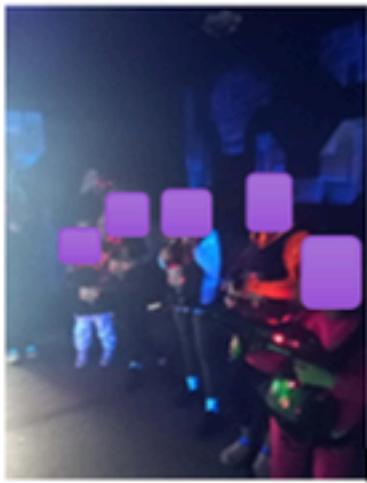
We reported last year that we held a very successful first MPACT programme. It is hopeful that we will run a second programme in the Autumn of 2025. The benefits of MPACT participants report highlight the support they gain through shared experiences, understanding addiction, improved communication within families, resulting in more united families. To this end we are also exploring the possibility and feasibility of running the MPACT programme in the Isle of Man Prison.

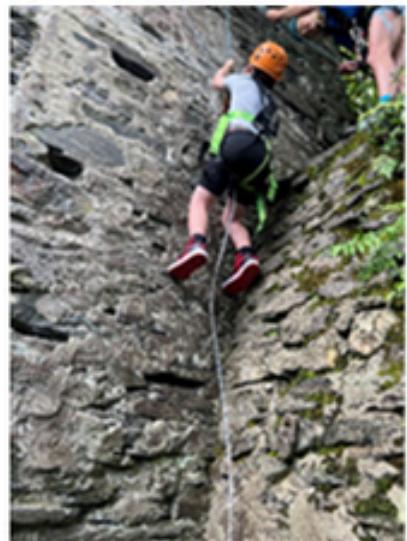
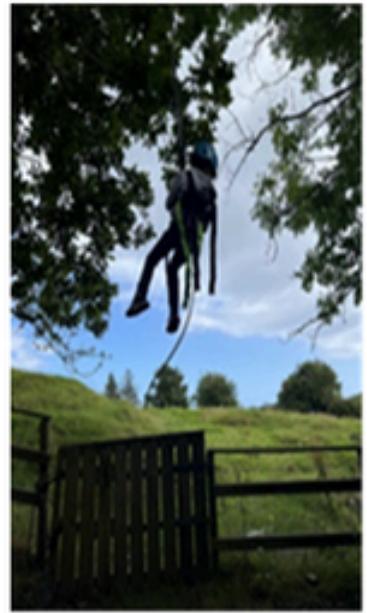
Participants have highlighted the importance of peer support through meeting other families with similar experiences, stating:

"You get to know the other people there, who are just like you, they're in the same situation as you....you bond with them but in a way that you wouldn't bond with someone else".



Laser blast, Halloween & Christmas Parties





***Making fun memories
for the children of Mini Motiv8***

Surviving Organised Exploitation Across the Island, Recovering Lives

Launched in April 2024, the SOAR Project has made significant strides in its mission to support young people affected by organised exploitation. The project began with no active caseload and has since grown steadily, now supporting an average of 20 clients. These individuals represent a wide spectrum of needs—from those at low risk of exploitation to young people who have been a victim of, or continue to be a victim of, exploitation by criminal groups.

Key Developments

- **Assertive Outreach & Partnerships:** The initial phase focused on building strong foundations through assertive outreach, identifying key safeguarding partners, and establishing a client base.
- **Client-Centred Support:** The support provided is intentionally flexible and creative, tailored to each young person's interests and comfort levels. Activities have included:
 - Fishing
 - Visits to Ape Mann Adventure Park
 - Bowling at Manx Fun Farm
 - Trips to the Home of Rest for Old Horses

Engaging young people in these types of activities offers numerous benefits. They can provide a positive diversion from harmful environments, serve as a platform for meaningful engagement, and address the impact of substance use in a supportive, non-clinical setting.



Therapeutic Environment

Recognising that each young person engages differently, the project has strengthened its therapeutic approach to better meet individual needs. Ongoing improvements are being made to the youth therapy room at the office, aiming to create a more welcoming and comfortable space. Young people are also encouraged to take part in decisions about where and how they receive support, empowering them to build autonomy and make informed choices about their wellbeing. The support provided is intentionally flexible, tailored to align with each individual's comfort and preferences.

Drug Arrest Referral Scheme (Under 18s)

The SOAR Project integrates and enhances Motiv8's established Drug Arrest Referral Scheme for under-18s. This initiative:

- Diverts first-time offenders from the criminal justice system
- Assesses young people for risk of criminal exploitation
- Has led to several referrals becoming Motiv8 clients, receiving ongoing support

A Victim-Centred Approach

Any young person subjected to exploitation should be recognised as a victim, not an offender. The lived experiences of those we support continue to shape frontline practice and inform wider organisational strategies. These insights are essential in driving systemic change and enhancing safeguarding measures across the island. The project also places strong value on a strengths-based approach, which focuses on identifying and nurturing each young person's existing skills, resilience, and potential.

A conference held in January 2025 showcasing the work of Motiv8 with young people

Join us at the iMuseum for an informative event to learn about the services for young people impacted by substance misuse, gambling and gaming

This event is tailored to anyone who wants to know more about the range of innovative and evidence-based services available for young people as part of Motiv8's strategic partnership with Manx Care's Drug and Alcohol Team and other agencies. The event will include a series of presentations from practitioners from both services covering:

Adam Cubbon ***Young persons, drug and exploitation worker***

Motiv8

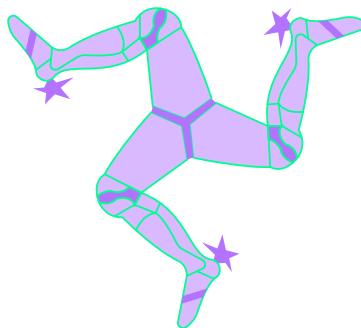
ADDICTION SERVICES

ISLE OF MAN REGISTERED
CHARITY 275

STRATEGIC PLAN 2024-2028



**47 YEARS OF SERVICE TO THE
MANX COMMUNITY**





Who are we?

MOTIV8, is a local registered charity (Established in 1978). We are a dedicated team of highly qualified and experienced counsellors who specialise in addictive behaviours. We are committed to helping our service users make positive changes to their lives with a non-judgemental therapeutic approach.

Our philosophy is that of harm reduction and a person-centred approach in that we believe all individuals have the power to make positive changes that can reduce and delay significant harm to themselves and their families.



Motiv8 was the first service on the Isle of Man to assist those with alcohol problems. The service has evolved and has had several name changes over time whilst it has taken on responsibility for both drugs, gambling, and gaming services.

The primary aim of Motiv8 is to minimise the harm associated with drug, alcohol, gambling, and gaming problems, not just for service users and their families but for the whole community. We offer a service that is easy to access, quick to respond with no waiting list, and offers a wide range of therapeutic interventions which offer choice and flexibility.



Who are we cont/

Motiv8 prides itself on its commitment to confidentiality.

We recognise that stigma and embarrassment deter many in a small community from coming forward for help. Motiv8 understands this. We have no waiting room, no signs outside the premises, and our building is central but discreet.

However, we need to challenge the stigma associated with addiction in our society, and this will become an important aim of our long-term strategic direction.

Motiv8 is apolitical and impartial in approach preferring to remain low-key to gain the confidence of potential service users as an organisation of discretion and trust.





OUR VISION

An island, free of the stigma and harm associated with alcohol, substance misuse, gambling, and gaming.



OUR MISSION

To provide a service where individuals and families are supported and empowered to reduce the harm from alcohol, substance misuse, gambling, and gaming. We achieve this through early intervention, counselling, community services, education, research, treatment, and rehabilitation.

Our values

Non-judgemental

A service that is non-discriminatory and welcoming. We are equality focussed. Everyone is treated with dignity and respect.



Confidential



We are passionate about being a discrete service, we understand the importance of this in a small community.

Person-centred

We understand everyone is unique, and we tailor our services to the individuals needs.



Empowering & positive



We strive to enable our service users to feel empowered to change.



Our strategic objectives for the next 5 years

We have undertaken extensive research, and we know what is required to sustain Motiv8 for the benefit of our service users and the Manx community for the next 5 years.



We can't do this alone, we need the Manx community to get involved and support us and help break the stigma of addiction.



OUR STRATEGIC OBJECTIVES

1

REDUCING THE STIGMA

Promote the positive benefits of personal intervention before dependency escalates into serious addiction; promote the help available to treat harmful behaviour; and reduce the stigma associated with addiction.



WHY THIS IS IMPORTANT

We believe that early intervention is key, we want people to reach out to us sooner. We need to maintain discrete and sensitive services that promote this and the community to be educated about addiction to break down the stigma that deters help seeking.

2

REDUCING THE HARM

We will strive to deliver a prevention and early intervention programme to reduce harm. Whole family support is essential, to prevent intergenerational harm with holistic services that offer choice and flexibility.



WHY IS THIS IMPORTANT

The sooner people reach out to us for support, the less the impact on them, their families, and the Manx community. Addiction damages lives and we want to ensure that everyone impacted has access to high-quality support.



OUR STRATEGIC OBJECTIVES

3

EVIDENCED-BASED PRACTICE

We provide an experienced, highly-qualified support service to deliver early intervention; counselling; community services; education; research; treatment and rehabilitation.



WHY IS THIS IMPORTANT

Our team are highly trained, experienced counsellors and experts by experience. Maintaining this skill level is key to meet local need .

4

A CENTRE OF EXCELLENCE

We will ensure Motiv8's work is based upon up-to-date research and best practice.



WHY IS THIS IMPORTANT

We have conducted major research projects and strive to stay informed on the latest developments in the addiction and prevention field.

Maintaining our research programme is vital.



OUR STRATEGIC OBJECTIVES

5

FINANCIAL SUSTAINABILITY

We will ensure that Motiv8 maintains its financial sustainability.

WHY IS THIS IMPORTANT

We promote and feedback our work to all donors. We strive to seek out new funding opportunities and social responsibility initiatives/partnerships with key donors. who have a vested interest in harm reduction.

6

ETHICAL AND RESPONSIBLE

Motiv8 is committed to be a responsible organisation and employer

WHY IS THIS IMPORTANT

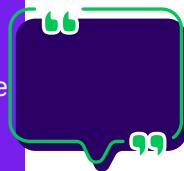
We aim to be an ethical, environmentally aware organisation, seeking ways continually to reduce our carbon footprint and impact on the individual and the environment.



What our service users say

"A SAFE PLACE"

"With the help of motiv8 my children have had a safe place to share their emotions while I was unable to do so, they have also given me the same opportunity. Also helping me achieve my main goal providing a stable environment to bring up my children. Extremely grateful this service has been available to me"



"HELPED ME TO GROW"



"The therapy I have received has helped me understand myself better and I am finally starting to feel comfortable in my own skin which I never thought was possible. I can see the progress I have made in the last couple of years and am excited to continue to grow going forward."

"EASY TO OPEN UP"

"The worker was very helpful in being a calm relaxing person to talk to. Felt easy to open up, no feelings of stress around talking to a new person"



"PERSON-CENTRED"



"Every addict is different. No two recoveries are the same. Our reasons for picking up in the first place all unique. It is here that I feel the methods and practice these people provide is exemplary. Motiv8 tailor the support accordingly. Their patience has been boundless. So, despite having done it all myself, I couldn't have done it without them."



0808 1624 627



contact@motiv8.im



www.motiv8.im

